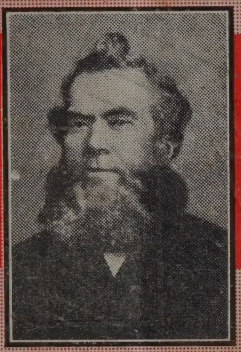
PARKINSONS'

HOME HINTS



SCHOLAR'S HELP

AND NATURE CALENDAR

Published by

PARKINSONS
THE PILL PEOPLE
BURNLEY

Established 1848

The Best Health Insurance.

WOMAN—Age 16 to 65.
1/28 ENGLAND.
No. in Society A1.
Name (Surname first) Freda Payne
Address Av. 1 Newhead Battersea.
6th Week, commencing 6 Feb., 1928.
7th Week, commencing 13 Feb., 1928.
8th Week, commencing 20 Feb., 1928.
CE STAMPS ONLY TO BE USED.
A Woman who marries must at once notify her Society, giving date of marriage.
If you have become a Widow during the half-years, give date
The Insured Person should sign before returning this Card.
Signature of Insured Person
Change of address to be noted here, and the Society informed within seven days.
9th Week, commencing 27 Feb., 1928.
10th Week, commencing 5 Mar., 1928.
11th Week, commencing 12 Mar., 1928.
12th Week, commencing 19 Mar., 1928.
13th
SPECIAL CARDS MUST BE USED FOR
15th Week, commencing 9 April, 1928.
16th Week, commencing 16 April, 1928.
17th Week, commencing 23 April
HEALTH AND PENSION
21st Week, commencing 21 May, 1928
22-

FOR HEADACHE, NEURALGIA, RHEUMATISM, INFLUENZA, NEURITIS, ETC.

PACKED IN TWO SIZES 3/- AND 1/3
SINGLE POWDERS 2d. EACH

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POWDERS

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1/3 SIZE (CONTAINING 9 POWDERS) SENT POST FREE ON RECEIPT OF 1/4½. 3/- SIZE (CONTAINING 27 POWDERS) SENT POST FREE ON RECEIPT OF 3/1½.

1930.

JANUARY						
S	...	5	12	19	26	...
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FEBRUARY						
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APRIL						
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JANUARY—31 Days.

The names of our months are of Roman origin. An old Italian God was called JANUS and he was represented with two faces, one looking forward and the other looking backwards. People in Italy on New Year's Day used to give presents of sweets and coins (with a ship on one side and a figure of Janus on the other). He was the God of trade and voyages and the start of every New Year is really the beginning of a voyage, is it not?

Notable Days.

January	1	New Year's Day.
„	2	Calcutta captured by Clive (1757).
„	6	Joan of Arc born (1412).
„	14	Death of Charles Dodgson (Lewis Carroll) author of "Alice in Wonderland" (1898).
„	18	Captain Scott reached South Pole (1912).
„	19	James Watt (steam-engines) born (1736).
„	23	Charles Kingsley died (1875).
„	25	Robert Burns born (1759).
„	26	Wattle Day, Australia. Gen. Gordon killed (1885).
„	30	Charles I. executed, (1649).

Nature in January.

Wild Flowers.—Hedge sides are full of seedlings. Flowers to be found include Shepherd's Purse, Chickweed, Groundsel, Celandine and Daisy.

Garden Flowers.—Snowdrop, Aconite, Primrose, Winter Jasmine and Daphne Mezereon are blooming in suitable situations.

Tree Life—The buds of trees and shrubs are seen to swell quite noticeably. Flowers on furze and hazel catkins reward fortunate seekers.

Fruits.—There are berries on Holly and Hew.

Bird Life.—The Red-breast, Thrush, Wren, Hedge-sparrow and Great Titmouse commence singing, while towards the end of the month the Lark and Chaffinch do likewise. Spring plumage on birds begins to appear (*e.g.* on the common Sparrow). Rooks become very active and nest building begins. Find and draw footprints of birds in the snow. Feed the birds with scraps of food and make a list of the birds you see.

Animal Life.—Hunt for footprints of animals, making a diagram of any you find.

Insect Life.—Find pupae of Insects. (See November Notes).

The Weather.—Very cold weather is experienced this month (usually the coldest month of the year). Frost and storms are common,

FEBRUARY—28 days (Leap Year 29 days).

The name of this month is of Roman origin and really means purification. Februus was an Italian god. The Old English called the month "Sol-monath" or "sun-month" probably because of the way in which the day lengthened in the morning and evening.

Notable Days.

February	1	First Parliament of the United Kingdom assembled (1801).
„	2	Candlemas (Quarter Day) Scotland.
„	7	Charles Dickens born (1812).
„	8	John Ruskin born (1819).
„	10	Charles Lamb born (1775).
„	11	T. A. Edison, (Great Inventor,) born (1847).
„	12	Abraham Lincoln born (1809).
„	14	St. Valentine's Day. Captain Cook killed (1779).
„	22	George Washington born (1732).
„	27	Longfellow born (1821).

Nature in February.

Wild Flowers.—Dog Mercury, Green Hellebore, White Dead Nettle, Daisy, Coltsfoot, Celandine, Violet, Primrose, Butterbur blooming.

Garden Flowers.—Daffodils, Crocus, Snowdrops, Primroses and Aconite in bloom.

Tree Life.—See what happens to subsequent growth after the hedges have been cut. Catkins of Birch, Alder, Sallow and Hazel can be found. Yew trees bloom.

Farming.—Farmers get busy sowing their corn and oats.

Bird Life.—The Blue Tit, Golden Crested Wren and Yellowhammer commence singing. Thrushes and Blackbirds pair and start building their nests; notice how their song has changed. Rooks continue to build new nests or repair old ones.

Animal Life.—The hibernating animals re-appear. You may find the following now:—Bats, Frogs, Snails, Toads and Newts.

Insect Life.—Houseflies appear. On warmer days hibernating butterflies awaken and flutter about for a time. Midges and Gnats rise and fall in large groups and are devoured greedily by insect-eating birds.

The Weather.—There are hot sunny periods in this month at times, but severe frosts occur frequently.

MARCH—31 Days.

Mars was the Roman god of war, citizenship and agriculture. The early English called it the "Noisy" or "Stormy" month. (Hlyd-monath).

Notable Days.

March 1	St. David's Day.
„ 4	Lifeboat Institution founded (1824).
„ 6	Elizabeth Barrett Browning born (1809). Michael Angelo born (1475).
„ 11	First Daily Paper published (1702).
„ 17	St. Patrick's Day.
„ 18	Livingstone born (1813).
„ 19	William Allingham born (1824).
„ 25	Lady Day.
„ 26	Cecil Rhodes died (1902).
„ 31	Beethoven died (1827), Haydn born (1732).

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Nature in March.

Wild Flowers.—Wood-strawberry, Ground Ivy, Lesser Celandine, Dandelion, Wood Violet, Primrose, Sweet Violet, Germander Speedwell, Marsh Marigold, Buttercup and Wood Anemone in bloom.

Garden Flowers.—Crocus, Daisies, Wallflowers, Auriculas, Hyacinths, Violets, Daffodils and Snowdrops are some of the flowers to be recognised.

Tree Life.—Trees are flowering, find Wild Plum, Alder, Willow, Poplar and Elm.

Animal Life.—Find Worms and note what they do in the ground. Get eggs (Spawn) of Frogs and Toads. Find Bat and Squirrel.

Bird Life.—Notice when you see the first Chick, watch Birds (Blackbird, Thrush, etc.) building their homes. See if you can find any nests with eggs in them, Thrush, Blackbird, Skylark and Rook. First migrants come—Ring Ousel, Wheatear, Chiffchaff and Sand Martin. Partridges call, Pheasants cackle, and Doves coo.

Insect Life.—Moths plentiful. Spiders move about. Bees very busy.

The Weather.—Sometime east winds occur bringing frosts. Bright sunny days expected with much increase in temperature during the day. Night temperature still low.

APRIL—30 Days.

The name of this month is derived from a Latin verb "aperio" which means that nature shews its beauties.

Notable Days.

April 1 All Fool's Day.
Dr. Harvey born (1578).
„ 6 Pearey reached North Pole (1909).
„ 15 Matthew Arnold died (1888).
„ 19 Byron born (1824).
„ 21 Charlotte Brontë born (1816).
„ 22 Order of the Garter founded (1344).
„ 23 St. George's Day.
Shakespeare Day.
„ 24 Daniel Defoe died (1731).
„ 27 Samuel Morse born (1791).

Nature in April.

Wild Flowers.—Buttercup, Wood Anemone, Common Vetch, Cowslip, Speedwell, Red-deadnettle, Wild Hyacinth, Wild Tulip, Rushes, Annual Meadow Grass, Stitchwort, Water Crowfoot, Bugle in flower.

Garden Flowers.—Violet, Iris, Auriculas, Fritillary, Periwinkle, Tulips, Arabis, Narcissi, Wallflower, Aubretia, Polyanthus, Alyssum, Squill, Doronicum in bloom.

Tree Life.—Catkins on White Poplar and Willow. In leaf: Lime, Maple, Elm, Sycamore, Hornbeam, etc. In bloom: Ash, Blackthorn, Crab Apple, etc.

Bird Life.—Migrants arrive from warmer climes: Swallows, Martins and Swifts (in that order). Throughout the countryside the love-songs of birds can be heard. Look out for young families of Robins and Thrushes which may be found playing merrily in the hedgerows.

Animal Life.—Tadpoles hatch, keep your eye on the spawn and miss nothing. Find and study garden Snails.

Insect Life.—Caterpillars are very numerous and more and more Butterflies can be seen every day. Great companies of Ants leave their underground homes as the warmer weather encourages them.

The Weather.—Weather as a rule is very changeable this month from wet to dry and from cold to heat.

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MAY—31 Days.

Maia was a goddess of the plains and of spring, the Romans calling the Month Maius. The richness of the pastures after April rains made the cows' milk more plentiful and the Early English milked their animals three times per day. So their name for the month became Trimilchi.

Notable Days.

May 1 May Day.
„ 2 Hudson Bay Company chartered (1670).
„ 3 Discovery of Jamaica (1494).
„ 6 Accession of King George V. (1910).
„ 24 Empire Day.
„ 29 Oak Apple Day.
„ 31 Union Day (South Africa).

Nature in May.

Wild Flowers—In bloom: Red Campion, Comfrey, Woodruff, Ragged Robin, Bladder Campion, Bird's-Foot Trefoil, Cuckoo Pint, Spotted Bugloss, Hedge Parsley, Forget-me-not, Crane's Bill, Yellow Nettle, Purple Clover, Black Byrony, Purple Columbine, Shepherd's Purse, Milk Vetch, Carrot, Sorrel, Greater Stitchwort, Cowslip, Avens, Hedge Mustard, Flyorchis Traveller's Joy, Bugle, Wood Loosestrife, Red and White Clover, Grasses (many kinds).

Garden Flowers—In bloom: Lily of the Valley, Honesty, Honeysuckle, Sweet William, Violas, Pansies, Spireas, Columbines, Pæony, Tulips, Lupins, Star of Bethlehem, Arum.

Tree Life—In Flower: Laburnum, Cherry, Broom, Hawthorn, Apple, Oak, Beech, Sycamore. Forest trees are in leaf—make drawings of the leaves of each.

Bird Life—This is the nesting and building time for birds. Try to get a view of incubating eggs and make a note of the different kinds of "talk" you hear between the parent birds and their young.

Animal Life—Watch the habits of young animals such as Weasels.

Insect Life—Moths and Butterflies are exceedingly common and if you are a "collector," they will keep you busy. Find Mayflies Dragon-flies, Cockchafers, Field-crickets, and Glow-worms.

The Weather—The Temperature makes a great increase during the day, but early in the month severe frosts sometimes occur at night.

JUNE—30 Days.

Juno was a Roman Goddess whom the Romans thought to be the Queen of the Gods and Goddesses. She is depicted riding in a chariot drawn by peacocks.

Notable Days.

June 3 King George V's birthday.
„ 7 R. D. Blackmore born (1825).
First Reform Bill passed (1832).
„ 9 George Stephenson born (1781).
„ 15 Magna Charta granted (1215).
First Transatlantic Flight (1919).
„ 18 Battle of Waterloo (1815).
„ 20 Black Hole of Calcutta (1756).
„ 24 Midsummer Day.

Nature in June.

Wild Flowers — Flowers in profusion are obtainable including Poison Hemlock, Cow Parsnip, Mullein, Thyme, Sage, Grasses Honeysuckle, Spearwort, Bee and Butterfly Orchis, Poppy, Cornflower, Oxeye, Eyebright, Yellow Rattle, Ragwort, Burdock, Meadow Sweet, Foxglove, Yarrow, Comfrey, Field Scabious, Common Mallow, Field Convolvulus, Yellow Iris, etc.

Garden Flowers—In bloom: Pinks, Roses, Violas, Pyrethums, Rhododendrons, Lilies and Oriental Poppies.

Tree Life—Wild Raspberry, Lime, Bramble, Dogwood, Wild Rose Guelder Rose, and Sweet Chestnut are blooming. Nuts show on the hazel, keys on ash, flower cones on fir trees and fruit on Wild Cherries.

Bird Life—Most birds hatch eggs and the smaller birds are busy feeding their second broods.

Animal Life — Sheep have to be washed (dipped) and shorn. Tadpoles reach full size.

Insect Life—Note the dance of the Mayfly. Beetles, Grasshoppers and flies become very plentiful. Butterflies and moths on the wing in great variety.

The Weather—Cold rains occur at the beginning of the month but give way to bright sunny days towards the end.

JULY—31 days.

The Romans re-named this month in honour of Julius Cæsar, who was born this month. To the Saxon People it was "Hey-monath" because of the time of gathering the hay harvest.

Notable Days.

July 1 Dominion Day in Canada (1867).
„ 4 Independence Day in U.S.A. (1776).
„ 5 Cecil Rhodes born (1853).
„ 10 Captain Marryat born (1792). Author of famous boys' stories.
„ 14 Storming of the Bastille (1789).
„ 15 St. Swithin's Day.
„ 18 Gilbert White born (1720).
„ 24 Capture of Gibraltar (1704).
„ 28 Nile source discovered (1862).
„ 29 William Wilberforce died (1833).

Nature in July.

Wild Flowers—Those in bloom this month include: Meadow-sweet, Candytuft, Bramble, Wild Thyme, Nightshade, Wild Hop, Harebell, Borage, Viper's Bugloss, Water Hemlock, Hedge Parsley, Fool's Parsley, Water Dropwort, Thistle, Foxglove, Musk, Mint, Sage, Field Scabious, Vervain, Marjoram, Bee Orchis, Fly Orchis, Sea Campion, Dodder, Meadow Retchling, Common Broom, Scarlet Pimpernel, Heath or Ling, and Water Lily.

Garden Flowers—Sweet Peas, Roses, Geraniums, Carnations, Marguerites, Hollyhocks, Stocks, Phlox, Nasturtiums, Sweet William, Clematis, Poppies, Sunflower, Lavender, Lilies, Begonias, Coreopsis, etc., in bloom.

Tree Life—Spanish Chestnut blooms, Lime Tree flowers. Seeds can now be seen easily on suchtrees as Ash, Horn beam and Oak.

Fruits—Gooseberry, Cherry and Raspberry.

Ferns—Spores are ripe.

Fungi—Mushrooms and Toadstools may be found.

Bird Life—Most birds cease to sing near the close of this month although the Wren and Yellow Bunting may still be heard. The Cuckoo departs and the Corncrake is heard night and morning Young Wild Ducks can be seen in water meadows. Poultry moult

Animal Life—Lambs are weaned. Young Frogs and Toads leave ponds.

Insect Life—Wasps begin to nest. Many Butterflies are on the wing including clouded yellow, small tortoiseshell, white admiral, etc. Bees swarm. Ladybirds and Cockchafers are plentiful.

The Weather--As a general rule this is the hottest month of the year. Thunderstorms are common at times and the rainfall is heavy.

AUGUST—31 Days.

Julius Caesar's nephew was the Emperor Augustus. The Romans name the month after him. Weod-monath (or the "month of the weeds") was th Saxon name.

Notable Days.

August 1 Slavery abolished in British Colonies (1834). 770,280 slaves set free. Battle of the Nile (1798)
" 3 Columbus set sail on his first voyage (1492).
" 6 Tennyson born (1809).
" 9 Education Act 1870 became law. Educatio compulsory.
" 15 Sir Walter Scott born (1771).
" 19 James Watt died (1819).
" 26 Crecy (1346).
" 30 John Bunyan died (1688).

Nature in August.

Wild Flowers—In bloom: Traveller's Joy, Teazel, Toadflax Purple Loosestrife, Spearmint, Water Mint, Purple Dead nettle, Fleabane, Hawkweed, Meadow Saffron, Knapweed, Blue Succory, Wild Pea, Creeping Cinquefoil, Soapwort, Water Lilies.

Garden Flowers—In bloom: Violas, Asters, Carnations, Roses, Clematis, Pansies, Stocks, Gladioli, Sweet William, Sunflowers, Pentstemons, Sweet Peas; Begonias, Geraniums, Balsams, Gaillardias, Dahlias, etc.

Tree Life—Horse Chestnut Leaves begin to fall. Willow Herb flowers. Blackberries ripen, Hawthorn Berries begin to redden. Beech-nuts ripen. Leaves of Willow and Lime change their colour.

Fruits—Plums, apricots, pears, peaches and apples ripen as the month advances.

Harvest—Wheat, Oats and Barley harvests begin.

Bird Life—Swifts and Nightingales depart. Rooks go into winter quarters. Swallows and Sand-martins congregate before their departure. The Autumn songs of many birds begins such as in the case of misel-thrush and robin. Many birds are in their moulting condition.

Insect Life—Dragon Flies can be seen on the wing. Look out for peacock and red admiral Butterflies. Many moths are found including swallowtail and tiger varieties.

The Weather—Rainfall is sometimes quite excessive this month but on the whole must be considered the most settled month of the year.

SEPTEMBER—30 Days,

Septem, Latin for seven, hence the name given in the Roman Calendar. erst (or Barley) monath was the Saxon name.

Notable Days.

September	2	Great Fire of London (1666).
		John Howard born (1726).
"	3	Oliver Cromwell died (1658).
"	5	East India Company chartered (1698).
"	6	"Mayflower" sailed from England (1620).
		Magellan completed first voyage round the world (1522).
"	13	Quebec captured (1759).
"	15	Fennimore Cooper born (1789).
"	26	Relief of Lucknow (1857).
"	29	Clive born (1725).
		Nelson born (1758).

Nature in September.

Wild Flowers.—Tufted Vetch, Bindweed, Pimpernel, Yellow Toadflax, Dock, Centuary, Woodsage, Cat's Ear, Yellow Dead-nettle, Marshmallow, Yarrow, Ragwort, Fleabane, Purple Loosestrife, and Foxglove in bloom.

Garden Flowers.—In flower: Roses, Sweet Peas, Dahlias, China Asters, Cornflowers, Michaelmas Daisies, Pentstemons, Begonias, Geraniums, Tritonias, Marigolds, Sunflowers, Violas, Nasturtiums, Calceolarias, Stocks, Pansies and Rudbeckia.

Tree Life.—Collect leaves shewing autumn colours. Ash and Horse Chestnut leaves fall.

Fruits.—Blackberries, Apples. Pears, Hazel Nuts, Walnuts, Elderberries, Hips and Haws are ripe. Acorns and Beech nuts fall.

Grain.—Wheat sowing begins.

Bird Life.—The songs of the Chiff-chaff, Thrush, Skylark and Robin are heard. Sand Martins depart. Wood Owls hoot. Starlings and Sparrows move about in flocks in search of food.

Animal Life.—Animals prepare for winter. Bats and Frogs hibernate. Food stored. Coats and colours sometimes changed.

Insect Life.—The number of Insects is greatly diminished. Glow-worms shine. Crickets, Spiders and Beetles are numerous. Butterflies are still on the wing in warmer districts including: Red Admiral, Painted Lady and Common Blue.

The Weather.—This is usually a very pleasant month, calm and settled.

OCTOBER—31 Days.

Latin Octo—eight. This was originally the eighth month until the Romans decided to change the calendar when it became tenth. Saxon people spoke of the month as "Winter-fylleth" for they regarded this period of the year as the beginning of winter.

Notable Days.

October 3 St. Francis of Assisi died (1226).
„ 10 Panama Canal completed (1913).
„ 12 Columbus landed in the New World (1492).
„ 14 Battle of Hastings (1066).
„ 21 Trafalgar Day (1805).
„ 25 Chaucer died (1400).
„ 29 (or 31) Keats born (1795).

Nature in October.

Wild Flowers.—In bloom: Common Nightshade, Dandelion, Shepherd's Purse, Plantain, Meadow Saffron, Yellow Oxeye, Chicory, Thrift and Scarlet Pimpernel. Notice how different kinds of plants scatter (or sow) their seeds. Some burst and discharge their seeds a great distance, e.g. pansy, broom, etc. Others (like Burdocks) have hooked seeds while others use plumed seeds, e.g. Dandelion (clocks) and Thistle.

Garden Flowers.—In bloom: Roses, Violas, Begonias, Asters, Michaelmas Daisies, Chrysanthemums, Anemone, Japonica and Dahlias.

Tree Life.—Furze comes into bloom again. Most forest trees shed their leaves, collect and make a list of them.

Fruits.—Horse and Sweet Chestnuts are ripe as are the Alder Cones. Look out for galls on Oaks, Willows and Hawthorns. Crab Apples, Damsons and Filberts are ready to gather and crimson berries are found on Mountain Ash.

Bird Life.—Swallows and House Martins depart; Fieldfares and Redwings arrive. Birds found in the garden: Starlings, Blue-tits and Robins.

Animal Life.—Frogs hibernate.

Insect Life.—A few Butterflies still about e.g. Peacock and Red Admiral. Bees busy on sunny days. Hedge Crickets sing.

The Weather.—This is a rainy month and the temperature lowers considerably. Frosts occur.

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NOVEMBER—30 Days.

Latin "Novem" - nine. The Old English People had no root crops to keep all their cattle alive so in this month cattle were slaughtered for winter meat. They called the month Blot-monath.

Notable Days.

November	1	Caledonian Canal opened (1822)
„	5	Gunpowder Plot.
„	9	Lord Mayor's Day.
„	10	Stanley found Livingstone (1871).
„	11	Armistice Day.
„	15	First meeting of League of Nations (1920).
„	16	Suez Canal opened (1869(.
„	17	Livingstone discovered the Victoria Falls (1855).
„	22	George Eliot born (1819).
„	26	Thanksgiving Day U.S.A.
„	30	St. Andrew's Day.

Nature in November.

Wild Flowers—In a mild month a few wild flowers may still be found including Daisy, Charlock, Shepherd's Purse, Chickweed and Groundsel.

Garden Flowers—Where there is shelter, Chrysanthemums, Michaelmas Daisies, Violas and Primroses may still be found.

Tree Life—Most forest trees are leafless.

Fruits—Those ripe include Hawthorn, Rose, Holly, Honeysuckle and Mistletoe.

Bird Life—The following still sing: Robin, Missel-thrush and Skylark (occasionally). The latter go about in flocks.

Animal Life—Bats hibernate as do Hedge-hogs and Squirrels.

Insect Life—Find a tree, (Oak, Birch, Elm, or Willow will do) and examine the hollows on the north side where you may find some chrysalides of Moths. Also examine the soil, digging it up carefully on the same side of the tree. Keep the chrysalides on damp moss or soil in a glass fronted box. In springtime a perfect insect will emerge and you will see it expand its wings ready for flight.

The Weather—This is a month of Fogs, Mist and Humidity. On the whole the weather may be described as calm.

DECEMBER—31 Days.

This is regarded as the first month of Winter, the Old English calling it Winter-monath. It was originally the tenth month of the Roman Calendar, the Latin word "Decem" meaning "ten."

Notable Days.

December	4	Thomas Carlisle born (1795).
„	9	John Milton born (1608).
„	12	First Wireless Message across the Atlantic (1901).
„	16	"Boston Tea Party" (1773).
„	22	Shortest Day.
„	25	Christmas Day.
„	26	Boxing Day.

Nature in December.

Wild Flowers—Daisies, Dandelion, and Groundsel can be found but generally speaking this is a resting month.

Garden Flowers—In mild seasons especially, look out for Primroses Polyanthus, Violas, Christmas Rose, Winter Jasmine, and Wallflowers.

Tree Life—A splendid time to study branching and bark of trees.

Fruits—Berries on Privet, Ivy, Holly and Buckthorn.

Bird Life—Migrants arrive from the north in severe weather (eg. Snow Bunting). The following may be heard to sing—Robin, Starling, Misselthrush, Wren, Lark, Hedge-sparrow.

Animal Life—Stoats and Weasels attack the Rabbits. The latter make bare patches in the snow with their feet so as to get at the greenery.

Insect Life—Very scarce this Month. The December moth lays its eggs in oak and ash trees and may be seen in those quarters Gnats dance on finer days.

The Weather—The Weather this month is very unreliable—frost and snowfalls being expected.

PARKINSONS'

EASE

HEAD

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Don't suffer a day longer. Ask your chemist or shopkeeper who sells Patent Medicines for them and if unable

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BOWEL MIXTURE—in 4d., 6d. and 8d. Bottles.
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PETROJEL (Petroleum Jelly) 1d. tins and 4½d. jars.

BAKING POWDER.

In 1d., 1½d., and 4½d. Packets and in 6d. Tins. Also sold by weight.

RECIPES.

Beef and Ham Roll.

1 lb. Beef, ¼ lb. Ham, ¼ lb. Bread Crumbs, 1 Egg, Pepper and Salt. Method—Put beef and ham through the mincer, mix in the bread crumbs and seasoning, bind together with the egg and place in a greased jar, cover the jar with a paper covering. Place in a pan of boiling water and steam for 3 or 4 hours. Turn out when cold, coat over with egg and roll in bread crumbs.

Pickled Herrings.

12 Salt Herrings, 1 oz. White Pepper, 12 Peppercorns, 8 Shallots, 1 Nutmeg, a few small Onions, 1 pint Vinegar, a little thyme and bay leaves. Scale the fish, take out the roes without cutting the fish more than necessary, wash well and lay them in milk for two days. Bruise the seasoning shallots and onions well and stuff the fish with part of the mixture. Place in layers in an earthern jar, and cover with a layer of small onions, thyme, bay leaves and boiled vinegar. Stir in the roes and pour over the fish.

Beef Balls.

½lb. Beef, 1 cupful of Breadcrumbs, 1 egg (well beaten), 1 oz. Suet, parsley and sweet herbs, Salt and Pepper, grated Nutmeg, fat for frying. Mince the beef, suet and parsley; add other ingredients and mix together. Form into balls, flour, and fry in boiling fat. Serve with toasted bread or brown gravy.

Ginger Wine.

13 Pints Water, 4 lbs. fine moist Sugar, 2 ozs. Bruised Ginger, the peel of three Lemons. Let it all boil half an hour and stand until it is new milk warm. Put it into your cask or jug with the juice of half the lemons, a tablespoonful of fresh yeast, and ¾lb. raisins. Let it stand for 6 or 7 days, stirring occasionally with a stick. After that time put in a small quantity of isinglass, and fasten it up. In about 6 weeks it will be ready to bottle and soon be ready for use.

Castle Pudding.

2 Eggs, their weight in Butter, Sugar and Flour half a teaspoonful of PARKINSONS' BURNLEY BAKING POWDER. Beat the butter and sugar to a cream, add eggs (well beaten) then add flour and beat well together; add baking powder last. Butter the cups; only half fill them. Bake for 20 minutes.

Snow Cream.

4 ozs. Ground Rice, 2 ozs. Sugar, a few drops of Essence of Almonds. Add a quart of milk, boil 15 minutes, and pour into a greased mould; when cold turn out.

HOME HINTS.

To Freshen Dry Cheese.

Cheese which has become dry may be freshened by placing it in hot water for a few minutes.

A Cure for Damp Salt.

During damp weather it is often difficult to keep the salt dry in salt cellars. A small piece of clean blotting paper placed at the bottom of each before filling, keeps the salt dry by absorbing the moisture.

To Prevent the Curdling of Milk.

Add a few drops of lime water to milk used for cooking and it will prevent curdling.

Dirty Patches on Ceilings.

Ceilings that have become blackened in places from gaslight should be treated in this way: Wash over the patches with fairly thick cold water starch, and leave till quite dry; then rub with a soft duster, and the black will disappear.

An Elixir for Flowers.

To make cut flowers last longer, put a few grains of permanganate of potash in the water. The flowers will keep fresh for several days longer than if put into plain water.

An aspirin tablet dissolved in the water will have the same effect.

To Improve Potatoes.

To improve potatoes add a teaspoonful of sugar as well as the usual quantity of salt, to the boiling water.

To Keep Meat Fresh.

Put a quantity of charcoal into muslin bags and hang in the larder. This will help to keep the meat fresh in the hottest weather.

Crickets.

Ammonia is a good remedy for crickets. Pour a little down where you hear the chirping, and repeat the dose at intervals.

To Improve the Flavour of Tea.

Keep a piece of dried orange or lemon peel in the tea caddy.

Short Pastry.

To make pastry short, which is to be served cold, mix with milk instead of water.

RECIPES.

Apple or Banana Fritters.

4 Large Baking Apples or Bananas, 2oz. of Flour, one tablespoonful of Cream, pinch of Salt, 1 Egg, 1 tablespoonful of Water, pinch of PARKINSONS' BURNLEY BAKING POWDER, juice of one Lemon. Method—Put flour, salt and yolk of egg into a basin; add cream and water; mix into a smooth paste, let it stand for one hour, whisk white of egg to a stiff froth, stir in gently with baking powder, peel and cut apples into slices ¼ inch thick; remove all core; squeeze juice of Lemon over apples; dip each slice into batter and fry in boiling fat until golden brown. Drain, dust over with castor sugar and serve very hot. For bananas: peel, split, and cut into four.

Sultana Cake.

1 lb. Flour, 12 oz. Sultanas, 4 ozs. Butter, 2 ozs. Lard, 8 ozs. Fine Sugar, 2 teaspoonfuls of PARKINSONS' BURNLEY BAKING POWDER, 5 Eggs. Beat butter and sugar to a cream, add eggs, flour and fruit in turn.

Apple Ginger.

4lbs. American Apples, 4lbs. Sugar, 1 quart Water, 2ozs. Essence of Ginger. Pare the fruit, take out the core and cut in shapes as like ginger as possibe. Boil the sugar and water about 25 minutes when it will be a nice syrup. Put in the apples, the syrup boiling quickly all the time, stir as little as possible, then add the ginger. It will take about an hour (including the 25 minutes) to clear and become yellow. Skim it well. Be sure to have your apples all one kind.

Mincemeat.

2lbs. of Muscatel Raisins, 2lbs. of Currants, 2½lbs. of Moist Sugar, 1lb. of Suet, 1lb. mixed Peel, 2½lbs. of Apples, a teaspoonful of Parkinsons' Mixed Spice, the grated rind and strained juice of 2 Lemons, a saltspoonful of salt. Core and chop the apples very finely; chop the raisins and the suet, shred the peel, mix all the ingredients, and pack in jars, cover tightly till required for use.

Scones.

½lb. of Flour, 3½ozs. of Butter and Lard, 2½ozs. Sugar, 2ozs. Currants, 1 teaspoonful of Cream of Tartar, half teaspoonful of Bi-Carbonate of Soda, 1 Egg, a little Milk, a pinch of Salt. Method—Rub in the fat, add dry ingredients, and lastly the egg and milk.

HOME HINTS.

Do You Wear Glasses.

People who wear glasses are often troubled by the mist which collects on them when travelling by motor. This is due to the condensation of moisture from the air, and it is always likely to happen near the sea. The trouble may be entirely prevented if, before starting out for the day, the glasses are rubbed with a little glycerine applied with a soft cloth.

A New Use for Cream Cartons.

The grease-proof cardboard containers in which cream is sold are often thrown away, but when washed, they make splendid picnic cups, and for children's use they are excellent, being light and unbreakable. Both the lids and cartons can be used for baking little cakes, the cartons being cut down to the desired size. The cartons do not require greasing.

Boiling Potatoes.

A little milk added to the water in which potatoes are boiled will keep them beautifully white.

Lubricant for Pram Wheels.

Ordinary cycle lubricating oil is unsuitable for pram wheels which are not provided with ball bearings. Remove the screw cap nut on each wheel and fill it with Parkinsons' Petrojel, and screw the cap on again. This forces the Petrojel right along the hub, and efficiently lubricates the wheel for at least six months.

Starch for Lingerie.

Use water in which rice has been boiled.

To Get Rid of Ants.

Flowers of Sulphur sprinkled on shelves or in cupboards where ants are troublesome will remove them.

No More Burnt Puddings.

When baking a milk pudding or custard, place the dish in a tin of water in the oven. This prevents puddings from burning or boiling over.

A Substitute for Horse Radish.

Scrape a white turnip finely, mix it with a little mustard and vinegar, and you have a splendid substitute for horse radish.

To Clean Enamelled Ware.

Soak the utensils overnight in water, to which chloride of lime has been added in the proportion of one pennyworth to a gallon of water. Wash thoroughly the following day.

RECIPES.

Cocoanut Cake.

3 Eggs, their weight in Butter, Sugar and Flour, 3ozs. Cocoanut, and half teaspoonful of PARKINSONS' BURNLEY BAKING POWDER. Method—Cream butter and sugar, add eggs and flour alternately and beat well, add cocoanut and baking powder and bake in a greased tin for about an hour.

Fruit Loaf.

1lb. of Flour, ¼lb. of Butter or Margarine, ½lb. of Sugar, ½lb. Currants, 2 Eggs, ½oz. Baking Powder, ½lb. Candied Peel, ¼lb. Ground Almonds. Cream the butter and sugar, add eggs, and fruit, then mix baking powder and flour together and add. Put in a greased tin and bake one hour in a slow oven.

Russian Sandwich.

2ozs. Lard, 2ozs. Butter, ¼lb Sugar; cream together, add two eggs, gradually, ½lb. of Patent Flour, a few drops of Lemon Essence, mix together to a thick cream with milk. Bake half an hour in a moderate oven, top shelf. Filling for the sandwich: Vanilla Cream, 3 ozs. Butter, ¼lb. Icing Sugar, half teaspoonful Flour, a little Vanilla Essence; work with the hands to a thick cream with half teaspooonful of hot water.

Spiced Bun Loaf.

Break 2 Eggs into a large basin, put 4ozs. of butter with 2 ozs. lard in a small basin in a warm place, and when melted mix in ½lb. of Sugar Take ½lb. Sultana Raisins 2ozs. well cleaned Currants, 1oz. Candied Peel cut very fine, with half a teaspoonful of cinnamon. Put all into the eggs with 2lb. of yeast dough; knead well till thoroughly mixed then put into a greased loaf tin, cover with a cloth and let stand for one hour. Bake in slow oven. This is enough in quantity to make two small loaves.

Gingerbreads.

¼lb. Butter, ¼lb. sugar, ½lb. Flour, Ginger to taste, two teaspoonfuls of Syrup. Melt Butter and Syrup, mix dry ingredients and then mix all together; roll out thin and bake in a moderate oven.

Ginger Snaps.

1lb. Flour, ½lb. Sugar, ½lb. Syrup, 3ozs. Butter, 3ozs. Lard, 1 teaspoonful of Ginger, half teaspoonful Salt, 1 teaspoonful Bicarbonate of Soda, 1 teaspoonful of Baking Powder. Mix with a little milk, roll out and cut with a cutter.

HOME HINTS.

Stains on Table Linen.

If a damask tablecloth is splashed with gravy or fruit, and a little french chalk rubbed in at once, left for a few minutes, and then brushed off the mark will have disappeared.

How to keep the Bath Spotless.

Who does not know the bath with the greasy deposit left by hard water. To clean this off, nothing is better, than a cloth dipped in paraffin. All that is needed afterwards is to rub dry and the bath is beautifully clean and polished. The smell quickly disappears.

To Remove Iodine Stains.

If tincture of iodine stains white material, the stain can be removed if it is at once soaked in methylated spirit and then washed in warm soap and water

or this

Rub with a freshly cut lemon ; it acts like magic.

For Tortoiseshell and Silver Hair Brushes.

The bristles of tortoiseshell and silver-backed hair brushes may be cleaned by rubbing them with flour that has been slightly warmed This removes all grease.

Ink Stains.

To remove ink stains from white articles—linen, calico, etc.—cover the mark well, before washing, with mixed mustard, allowing it to soak in. Then wash and boil in the usual way, and all traces of the ink will have disappeared.

For Tight-Fitting Stoppers and tins.

Difficulty is often experienced in loosening the stoppers of sauce bottles, etc.. But the trouble can be overcome in this way: Hold the bottle firmly in the right hand and insert the stoppered end in the hinge side of the kitchen door (previously opened). Then gently close the door on the stopper, thus using the door as a vice. A slight turn will loosen the stopper instantly. The same simple method may be applied to screw-top tins, saving much time and temper.

Pearl Necklaces.

To clean a pearl necklace, submerge it in a small tin of powdered magnesia, leave for a night and gently brush the powder off in the morning.

Laundry Hints.

If you add a teaspoonful of glycerine to the starch when making it, the iron will not stick. Wash table linen in cold water and then in hot.

RECIPES.

Potato Scones.

Ingredients—½lb. Mashed Potatoes, ½lb Flour, a pinch of Salt, half teaspoonful PARKINSONS' BURNLEY BAKING POWDER, Milk to make a stiff paste, 1 tablespoonful of Dripping. Method—Roll out about ¼ inch thick, fry first cake in a little dripping, the others will do without, butter, and serve in a pile, hot.

Little Buns.

Ingredients—¼lb. Flour, 2oz. Butter, 2oz. Sugar, half teaspoonful PARKINSONS' BURNLEY BAKING POWDER, 1 Egg. Method—Cream butter and sugar, add egg, sift in the flour, beat thoroughly. Bake in small greased tins.

Rock Buns.

Ingredients—½lb. Flour, 1½oz. Dripping or Lard, 1½oz. Butter, 3oz. Brown Sugar, one teaspoonful PARKINSONS' BURNLEY BAKING POWDER, a pinch of grated Ginger, a pinch of grated Nutmeg, a pinch of Salt, 1 Egg, a little Milk. Method—Divide into twelve buns, put on a greased tin, bake 15 minutes in rather hot oven.

Shortbread.

1 lb. Flour, 9 ozs. Margarine, 1 Yolk of Egg, 5 ozs. Sugar and a little Vanilla Essence. Method—Put all ingredients into a bowl and knead well until the margarine absorbs the flour. Do not use any other moisture. Make into 2 round flat cakes, pinch round the edges, decorate with peel and bake very slowly for half an hour.

Parkinsons' Burnley Baking Powder Bread.

Ingredients—1 lb. Flour, 1 heaped teaspoonful PARKINSONS' BURNLEY BAKING POWDER, 1 teaspoonful Salt, 1 teaspoonful Sugar, Milk to mix. Method—Add all dry ingredients to flour, keep as cool as possible. Mix with old milk, a little stiffer than cake mixture. Turn on to floured board, shape into cobs, and place in greased tins, put in hot oven at once and bake from 30 to 40 minutes.

Teacakes without Yeast.

Ingredients—½lb. Flour, ¼ teaspoonful Bi-Carbonate of Soda, ½ teaspoonful Cream of Tartar, ¼ teaspoonful PARKINSONS' BURNLEY BAKING POWDER, 1oz Sugar, a pinch of Salt, 1 teacup Milk, 1 oz. Butter. 1 Egg. Method—Mix all dry ingredients, rub in butter. Make to a soft dough with liquids, turn on to a floured board, roll out ¼ inch thick, cut into round cakes, put on a greased or floured baking sheet, bake at once in hot oven 6 or 8 minutes.

HOME HINTS.

Three Uses for Bi-carbonate of Soda.

1. A pinch stirred into each pint of milk will keep it fresh and sweet even in hot weather.

2. If a little is sprinkled on fruit when stewing or in tarts, less sugar is required.

3. A little added when boiling beetroots keeps them a nice red colour.

Some Uses for Vinegar.

A burnt enamel saucepan is easily cleaned with vinegar and bath brick. Vinegar and water will cleanse a slimy sponge. Vinegar put into blacklead, instead of water, will give a brilliant polish to a grate.

If new coloured blouses are placed in water to which a tablespoonful of vinegar has been added, and allowed to remain an hour, the colour will not run when they are washed.

A Time Saver.

Instead of chopping or grating suet in the usual way, try this plan: Take all skin from the suet and sprinkle the pastry board thickly with flour; then roll the suet with the rolling-pin until it is flat. Take it up in floured hands, and it will come apart in small pieces.

To Cook Rhubarb.

Before cooking rhubarb cut it up and soak it for half an hour in cold water to which a pinch of bicarbonate of soda has been added. The water will turn black. Throw it away, then cook in the ordinary manner. Less sugar will be needed, and the acidity will have been reduced.

Grease Spots.

The best way to remove grease spots from light delicate materials is by using oil of eucalyptus. Put a small quantity on a piece of cotton-wool and gently dab the grease spot; then lay the garment aside to dry, when it will be found that the spot has disappeared. If very much marked, a second application may be necessary.

To Remove Perspiration Marks from Silk.

This is an awkward problem, but it can be got over by putting the affected part into a solution of methylated spirit and ammonia. Afterwards wash well.

To Remove Blood Stains.

Mix a little starch to a paste and spread it on the stains. Leave for a few hours, then wash, and the stains will come out quite easily.

RECIPES.

Simple Flake Pastry.

Ingredients—6oz. Flour, 3oz. Lard or Dripping, ½ teaspoonful PARKINSONS' BURNLEY BAKING POWDER. Method—Work one third of the fat into flour, add Baking Powder. Mix with cold water, roll out about half inch thick, put on in pieces the rest of the fat, fold over in three, and roll out five or six times, letting it cool for 10 minutes between each rolling.

Short Crust Pastry.

Ingredients—½lb. Flour, ¼lb. Lard or Fat, a pinch of Salt, one teaspoonful of PARKINSONS' BURNLEY BAKING POWDER, water to mix. Method—Add together flour and salt, rub in fat with finger tips till crumbly. Add Baking Powder, then add water gradually, and stir with knife into a stiff paste.

Treacle Sponge Pudding.

Ingredients—¼lb. Flour, 1 Egg, 2oz. Suet, ½ teaspoonful Ginger, 3 tablespoonfuls Syrup, 3 tablespoonfuls Milk, a pinch of Salt, half teaspoonful PARKINSONS' BURNLEY BAKING POWDER. Method—Shred suet and mix all dry ingredients together. Add syrup, beat egg and milk, then mix all together, and steam from 1½ to 2 hours.

Swiss Roll.

Ingredients—¼lb. Flour, 2oz. Castor Sugar, 2 Eggs, 2oz. Butter, 1 teaspoonful Milk, 2 tablespoonfuls Jam, half teaspoonful PARKINSONS' BURNLEY BAKING POWDER. Method—Cream butter and sugar, add eggs, then milk, flour and baking powder. Bake about 8 minutes in a quick oven, turn out on a sugared paper, spread jam on and roll up quickly.

Tea Scones.

Ingredients—1 lb. Flour, 1 oz. Sugar, 2oz. Margarine, two teaspoonfuls of PARKINSONS' BURNLEY BAKING POWDER, half teaspoonful Salt, half pint of Milk. Method—Add salt to flour, add fat, and rub in. Add sugar and Baking Powder, mix to stiff dough with milk, turn on to floured board, and roll to fancy. Cut out and place on greased tin, bake in hot oven for ten minutes.

Unfermented Wholemeal Bread.

Ingredients—6 large tablespoonfuls of Meal, 4 large tablespoonfuls Flour, a pinch of Salt, two large tablespoonfuls of PARKINSONS' BURNLEY BAKING POWDER. Method—Mix together with milk to a smooth dough, not too stiff. Handle as little as possible. Can be made either into an oven bottom cake or in a floured tin. Put in bottom of oven at once, and finish at the top.

HOME HINTS.

Clean Windows.

Add a little ordinary washing blue to the water used for cleaning windows and this will make them more clear and brilliant.

A Test for Pure Milk.

Milk can be tested for purity by dipping a clean needle into the milk. If pure, the milk should adhere to the needle; if diluted the needle will come out clean.

Another Potato Hint.

To prevent potatoes from turning black in cooking, as some tend to do at certain times of the year, put a dessertspoonful of vinegar in the water in which they are to be boiled.

To Polish Cut Glass.

Add a little washing blue to the water in which the glass is washed, afterwards polishing with a pad made from tissue paper.

Cooking Onions.

When using onions boiled, fried, or cooked in any other way, put them, when peeled into a basin with a thimbleful of household soda and cover with boiling water. Leave them for a few minutes afterwards using as desired. This method enables anyone to eat onions without any disagreeable after effects.

Keeping Mildew from Cheese.

An excellent way for keeping cheese free from mildew, is to place a lump of sugar on the cheese in the dish. The sugar absorbs the moisture and keeps the cheese in a fresh condition.

Ink Spots on Furniture.

These can be removed by using six drops of nitre mixed with a teaspoonful of water, and applying with a camel hair brush.

Polish afterwards with Parkinsons' Furniture Cream.

Hair Brushes.

To stiffen a soft hair brush, dip the brush several times into a solution made by dissolving a pennyworth of alum in sufficient water to wash the brush. Dry quickly.

About Stick-on Labels.

If you find that some stick-on labels have stuck together, do not throw them away. Place a warm iron on them, and the heat will make them separate very easily.

Grease Spots on Silk.

To remove grease from silk fabrics, take a lump of magnesia and rub it wet on the spot. Let it dry, then brush it off, and the spot will have gone.

HISTORICAL DICTIONARY.

Act. (of Parliament.) A law or decree passed by Parliament.

Anarchy. Political confusion. A breakdown in Government when laws cannot be enforced.

Ancient. Belonging to former times especially prior to the downfall of the western Roman Empire (476 A.D.)

Bill. An act of Parliament before it has been passed—a proposed law.

Bronze Age. Followed Stone Age. A forward step on the Stone Age in culture.

Barbarian. Foreign, uncivilised, savage.

Black Death. Plague of the 14th century from black spots which appeared on the skin.

Charter. A document conferring rights or privileges; a deed by which a sovereign guarantees the rights of his subjects, e.g. Magna Charta, signed by King John at Runnymede, 1215.

Constitution. Laws deciding how a country is to be ruled; a system of laws and customs.

Commonwealth. A form of government in which the power rests with the people especially that in England after the overthrow of Charles I.

Cabinet. The chief ministers who govern England, being the leaders of the majority in Parliament.

Democracy. A form of government in which the supreme power is vested in the people collectively, and is administered by them or by officers appointed by them.

Dark Ages. The period of intellectual darkness in Europe, from the 5th to the 15th century.

Edict. An order issued by a King or Lawgiver.

Empire. The territory under the dominion of an Emperor.

Emancipation. Setting free from bondage or slavery.

Feudalism. The system during the Middle Ages, by which vassals held lands from Lords—superior on condition of military service.

Law. The rules of a community or state which must be obeyed by everyone in a country.

Legislation. Law-making.

Monarchy. A country or a people ruled over by one person.

Middle Ages, Mediaeval. Time between the downfall of the Western Roman Empire about 476 A.D. and the Reformation in the first quarter of the 16th century.

Peasant. One whose occupation is rural labour ; a countryman.

Renaissance. A re-birth, especially of learning.

Republic. A country not governed by a monarch.

Revolution. A change in the government of a country.

Statute. A Law.

Stone Age. The condition of a people using stone as the material for the cutting—tools and weapons.

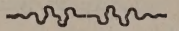
Slave. A person who is the absolute property of another.

Serf. A labourer forced to work on a particular estate for a master.

Tax. A means of raising money to carry on government.

Villein. In feudal times, a member of the lowest class of unfree persons.

LITERATURE DICTIONARY.



Ballad. A simple narrative poem—a simple song of romantic or sentimental nature.

Context. Parts of a passage which precede and follow a special passage and fix its true meaning.

Classics. Any great writer or work, one of the best of its kind.

Chronicle. A record of events in order of time, a story or account.

Epic. A poem which recounts a great event.

Elegy. A song of mourning, a funeral song.

Etymology. Science of history and origin of words.

Legend. A marvellous, romantic or fabulous story (especially from early times.)

Lyric. A poem suitable for singing to the lyre (like a small harp).

Myth. A fabulous narrative founded on a remote event. An invented story.

Metre. A regulated succession of certain groups of syllables in which poetry is usually written.

Ode. A poem written to be set to music; generally shews great emotion.

Prose. Direct, straightforward arrangement of words, free from poetical measures; ordinary spoken or written language.

Poetry. Thoughts of feeling and imagination in words; utterance in song; metrical composition.

Rhythm. Metre; regular recurrence of accents.

Romantic. Fantastic, imaginative.

Sonnet. A short poem of fourteen lines.

Saga. Historical or fabulous tale in the old prose literature of Iceland.

GEOGRAPHICAL DICTIONARY.

Amber. Resin which has become fossilised. Found in North Sea.

Ambergris. Used in manufacture of scent. Solid which floats on the sea. Found in the intestines of the Spermaceti Whale and on the seacoast of warm countries. (e.g. India and Africa).

Angelica. Stalks and midribs of leaves candied. Found in Northern Europe.

Brass. An alloy of copper and zinc.

Bronze. Alloy of Copper and Tin.

Bamboo. Hollow-jointed stem of reed or grass. Found in India.

Coral. Hard substance of various colours growing on the bed of the sea. Composed of skeletons of small sea animals.

Cinnamon. Spicy bark of a laurel tree. Found in Ceylon.

Cloves. Flower-bud (unopened) of the Clove tree used as spice. Found in East and West Indies.

Contour Lines. Lines drawn on a map through points all at the same height above sea-level.

Cotton. Soft substance like fine wool obtained from pods of the cotton plant. Found in India, United States, China, Egypt, African Coast, West Indies, &c.

Copra. Dried kernel of coco-nuts, yielding coco-nut oil, (used in the manufacture of soap and candles, etc.)

Coffee. Powder made by roasting seeds of Coffee tree. Found in East and West Indies, Brazil, etc.

Cocoa. Seed of the Cocao or Chocolate tree. Found in Ceylon, West Indies, South and Central America.

Copper. A moderately hard metal.

Ebony. Hard black wood almost as heavy as stone.

Flax. Fibres of Linum plant which are woven into linen cloth. Found in Ireland, Europe and America.

Hemp. Fibrous bark of plant used in making cordage, coarse cloth, etc. Found in Europe, India, etc.

Isotherm. Line on a map connecting places on the earth which have the same mean annual temperature.

Isobar. Line drawn on a map connecting places with the same barometric pressure.

Indigo. Blue dye obtained from stalks of the Indigo Plant.

Iron. Most common metal found in the ground.

Jade. Dark green stone. Found in Burma and New Zealand.

Jarrah. Mahogany tree. Found in Australia.

Jute. Fibre of plant resembling hemp and used for same purpose. Found in India.

Lead. Metal found in rocks.

Latitude. Distance north or south of the equator measured in degrees.

Longitude. Distance east or west of a given meridian (in England, Greenwich).

Marble. Kind of limestone taking a high polish.

Mustard. Seeds of Mustard Plant ground to powder. Used for Seasoning.

Olive. Fruit of Olive tree rich in oil. Found round Mediterranean.

Opium. Juice of White Poppy. Used in Medicine.

Plumbago. (Or Graphite) Mineral composed of Carbon, Iron and other materials. Used for "lead" pencils.

Paper. Made from rags and vegetable fibres.

Pepper. Dried berries of Pepper plant. Often powdered and —and sometimes used whole.

Pumice Stone. Light spongy substance, formed of lava.

Pitch, Tar. Solid black shining substance obtained by boiling down common tar.

Rice. Seeds of a plant used as food. Found in India and China.

Rubber. Juice of certain trees and plants.

Raffia. Dried leaves of Raffia Palm.

Silk. Fine thread spun by silk worms.

Sponge. Skeleton of an animal (usually of the sea). Remarkable for its powers of absorbing water.

Sugar. Sweet substance obtained chiefly from a kind of cane. Found in India and hot countries generally. Also made from the Sugar Beet (Found in Europe).

Salt. Found in the earth or made by evaporation of sea-water. Used for Seasoning, &c.

Sago. Produced from the pith of palm. Found in East India, China, Japan, etc.

Tropics. Furthest points north and south of equator at which the sun is ever vertically overhead. Between these lines (latitude $23\frac{1}{2}^{\circ}$ N. and $23\frac{1}{2}^{\circ}$ S.) the climate is very hot. This part of the earth is called the torrid zone.

Tobacco. Dried leaves of a plant. Found chiefly in America.

Tapioca. Obtained from Manioc plant by drying while moist on hot plates, so that starch grains swell or burst and gather into small lumps.

Tea. Dried leaves of a shrub. Found in China, Japan, Assam, Ceylon.

PARKINSONS' KILKOF

Don't wait to feel upside down
– TAKE
Sugar Coated
Blood and
STOMACH
PILLS.
PREPARED BY
Parkinsons
ALL
PARKINSONS
B.P.DRUGS
THROUGHOUT RELIEVE
WILL NOT
QUALITY FIRST
THEN PRICE